1:Beaglehole and Beaglehole E-5 (1934-5)1938 Pukapukans

857 Young children sleep whenever they are tired. Children
513 from about 6 years of age onward average about 8 hours of sleep each night. Fires are occasionally kept burning late into the night when mosquitoes are troublesome.

514 Men micturate in a standing position; women squat on the heels or stand with knees bent. Both sexes defecate in a position squatting on both heels.

412 Cutting habits vary according to the instrument employed. In general, a knife is moved away from the body, a native cutting or scraping instrument toward the body. Adzing is, of course, toward the body.

413 Heavy weights, such as canoes, are lifted from the ground with the arms in front of the body and carried just clear of the ground. A house roof is carried on the shoulders of a number of men who get inside the roof while it is on the ground and hoist it onto their shoulders. A few coconuts are
482 carried in the hands, with or without a basket; a large number are balanced on the shoulder. Many coconuts are carried on a rough carrying pole, weighted at both ends and balanced at its middle point on the shoulder. The right shoulder is generally preferred. Women generally carry weights balanced on the head, using a pad made of a bunch of leaves placed between the head and the burden.

481 Climbing coconut trees and coconut husking are described on page 86.

513 Swimming is naturally acquired behavior and is not taught to children. Puka-
526 pukans are not great swimmers or divers, but use the sea mostly for bathing, when they run or wade from the beach and then suddenly duck. Children
224 are in the water a great deal; they play at water splashing, surface diving, and underwater swimming games. Adults rarely play swimming games. In diving for *Tridacna* shellfish, adults dive from the surface by elevating the buttocks and depressing the head.

516 Casual observation indicates that left-handedness (*liwa mayui*) is common in both children and adults. This was observed in adults in the use of implements and in the handling of darts in games, in children when dancing.

The toes are used extensively for picking up objects from the ground and for holding objects when both hands are engaged and when purchase is required.

501 Both men and women pole and paddle canoes today. The individual poles a canoe sitting, standing on the floor of the canoe, or standing with one foot on each gunwale. Paddling is done on either side of the canoe with equal ease. The paddle is grasped with both hands, fingers pointing to the front, thumbs to the rear. It is unusual for a canoe crew to sing or chant in rhythm
[961] to the paddling. The paddle is plunged vertically into the water and the stroke is fore and aft. Two types of strokes are used: *alo atu pele* is a long, even, powerful stroke with the full stretch and strength of arms and shoulders, dipping the paddle blade deep into the water, and used for long distances when consistent power is required; *alo tuinga* is a short, quick, shallow stroke,